



Wellness Focused Integrated Health Care: One Year Later

Lifespan for person with SMI is 25 years shorter

(National Council for Community Behavioral Healthcare)

Year	AZ	MO	OK	RI	TX	UT	VA (IP only)
1997		26.3	25.1		28.5		
1998		27.3	25.1		28.8	29.3	15.5
1999	32.2	26.8	26.3		29.3	26.9	14.0
2000	31.8	27.9		24.9			13.5

Lifespan is 31-32 years shorter in Arizona

(National Association of State Mental Health Program Directors)



Root Cause: Lack of Treatment

- ▶ Metabolic Disorders, Cardiovascular Disease, Diabetes
- ▶ High Prevalence of Modifiable Risk Factors (Obesity, Smoking)
- ▶ Epidemics within Epidemics (e.g., Diabetes, Obesity)



Spending on Chronic Disease

▶ Heart Disease

By 2023: \$186 billion (Milken Inst.)

▶ Diabetes:

By 2020: \$192 billion (Centers for Disease Control and Prevention)

▶ Chronic Lung Disease:

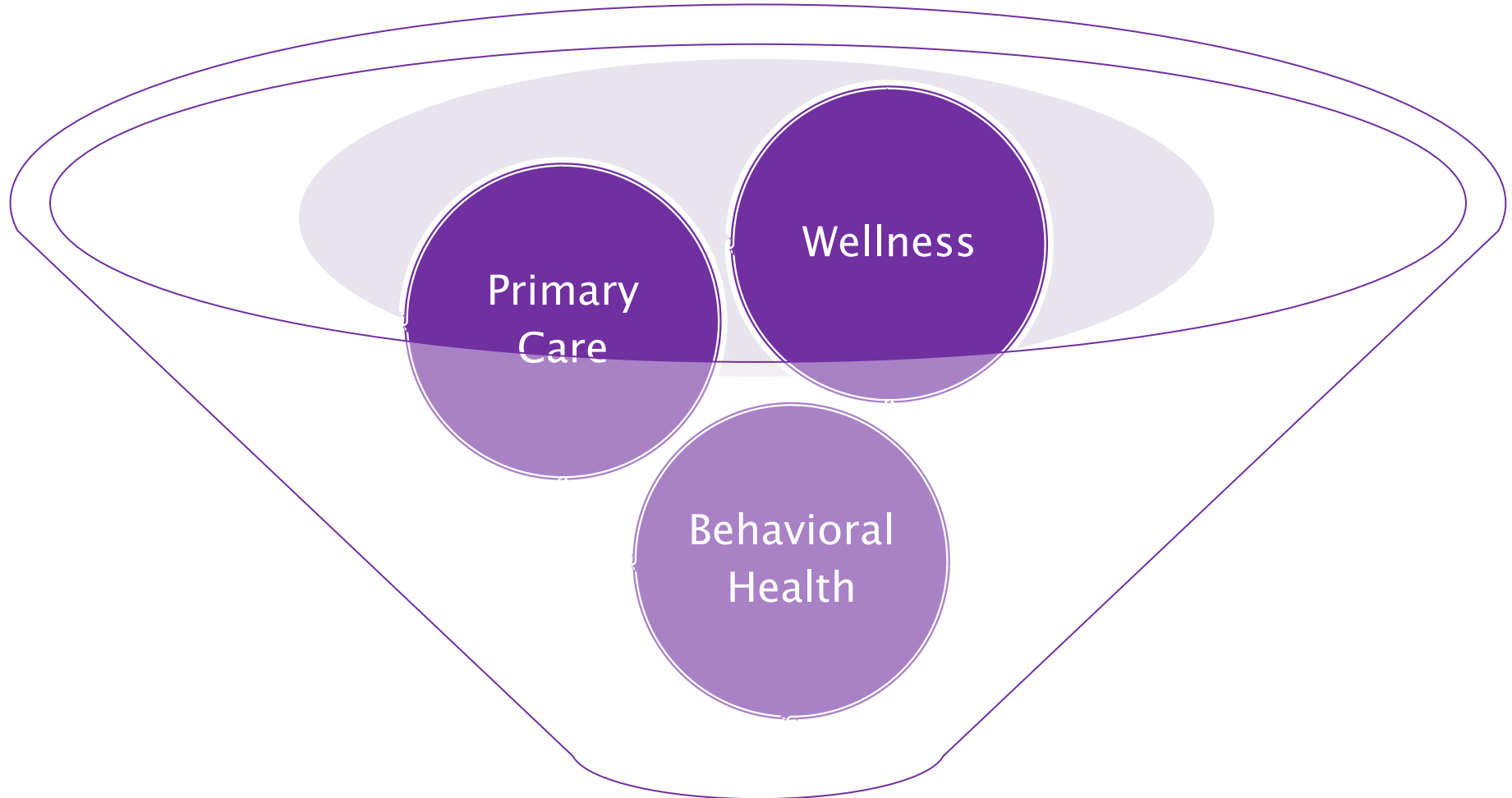
By 2021: \$832.9 billion (Centers for Disease Control and Prevention)

- Bronchitis
- Emphysema
- COPD
- Asthma



4,738 Served in the Apache Junction Area

17% Have Co-morbid Conditions with Behavioral Health Needs	806
Substance Abuse	477
Asthma	84
Hypertension	80
Diabetes	49
Diabetes, Hypertension	31
Cardiac Disease	16
Hypertension, Substance Abuse	16
Asthma, Hypertension	9
Cardiac Disease, Hypertension	8
Diabetes, Substance Abuse	6
Cardiac Disease, Asthma, Hypertension	5
Diabetes, Asthma	5
Cardiac Disease, Substance Abuse	4
Diabetes, Cardiac Disease, Hypertension	4
Asthma, Substance Abuse	3
Cardiac Disease, Asthma	2
Diabetes, Asthma, Hypertension	2
Diabetes, Asthma, Substance Abuse	2
Cardiac Disease, Asthma, Substance Abuse	1
Cardiac, Hypertension, Substance Abuse	1
Diabetes, Cardiac, Asthma	1



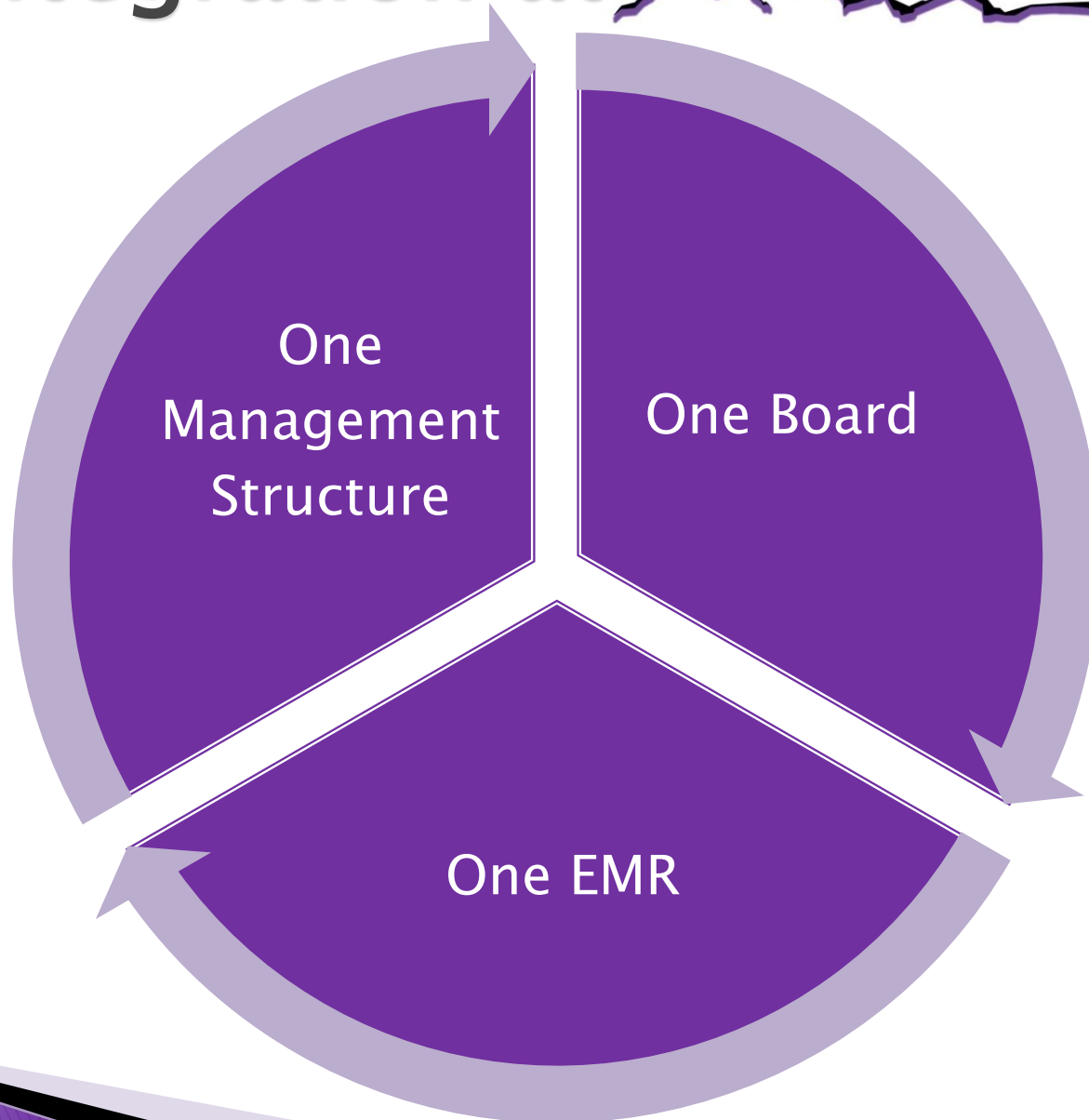
**Multi Directional
Integrated Health & Wellness**



Full Integration at



Mountain Health & Wellness



One
Management
Structure

One Board

One EMR

Shift in Organizational Culture

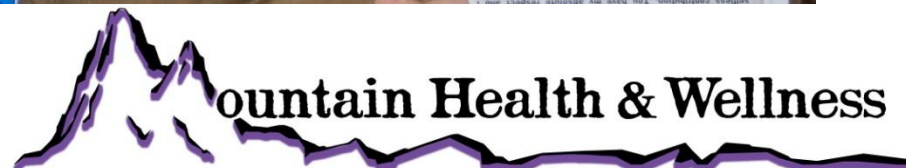
- ▶ *New Name and New Logo:*
 - Mountain Health & Wellness
- ▶ *New Identity:*
 - We are an Integrated Healthcare Company
- ▶ *New Paradigm:*
 - Integrated Healthcare for Everybody
- ▶ *New Framework:*
 - From Pathology to Wellness
- ▶ *New EMR*
 - Aprima



Paradigm Shift from Pathology to Wellness



Wellness = Joyfulness



be | tobacco free

03-01-11



To ensure a safe and healthy environment,
MHW will become tobacco free on March 1, 2011.

Smokers Pay Higher Insurance Premiums

July 2012



La Comida (The Food) at MHW



Integrated Primary Care

- **Primary Care in AJ: June 2011**
- **Primary Care in Yuma: November 2011**

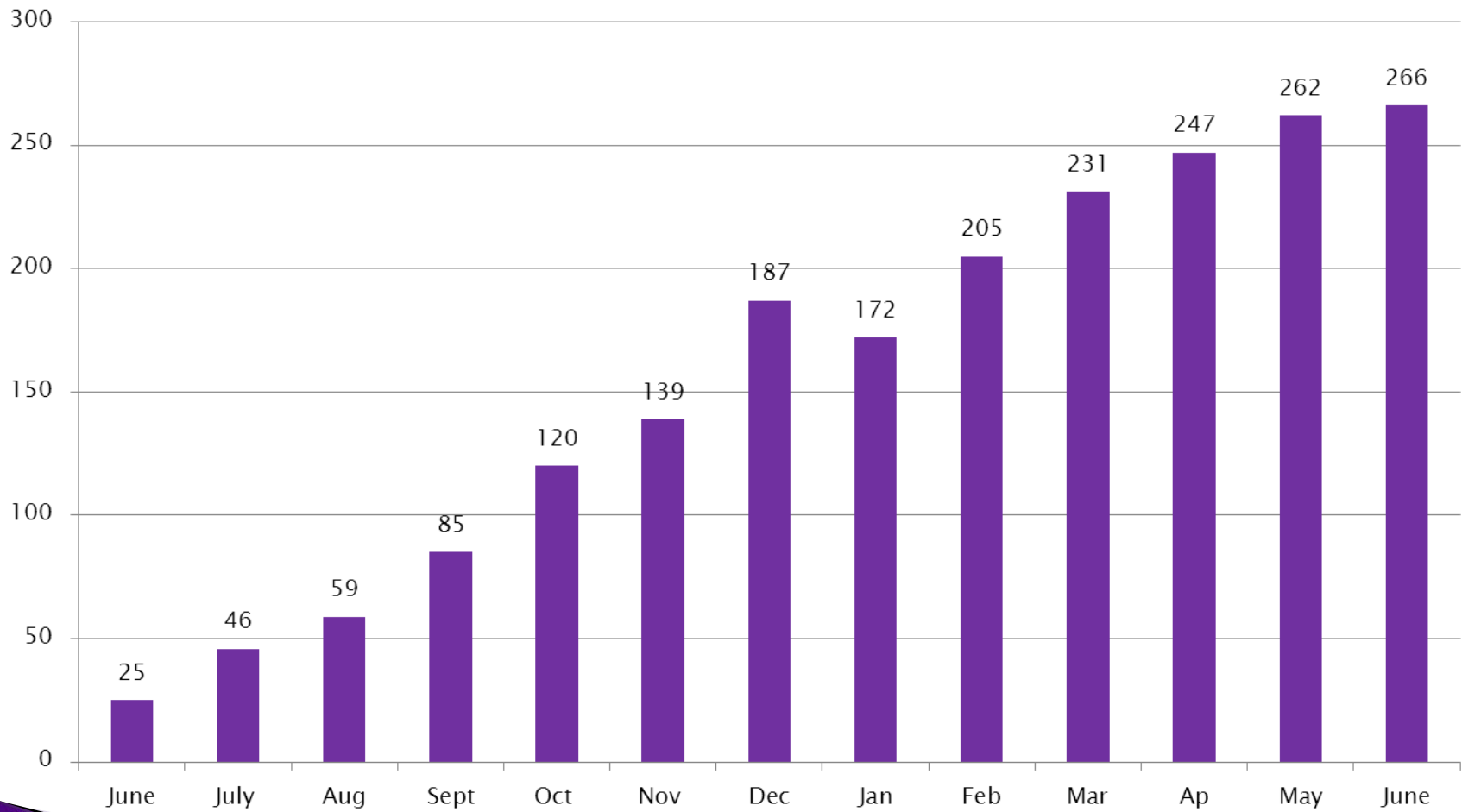


Cherokee Health Systems Assisted in Primary Care Design

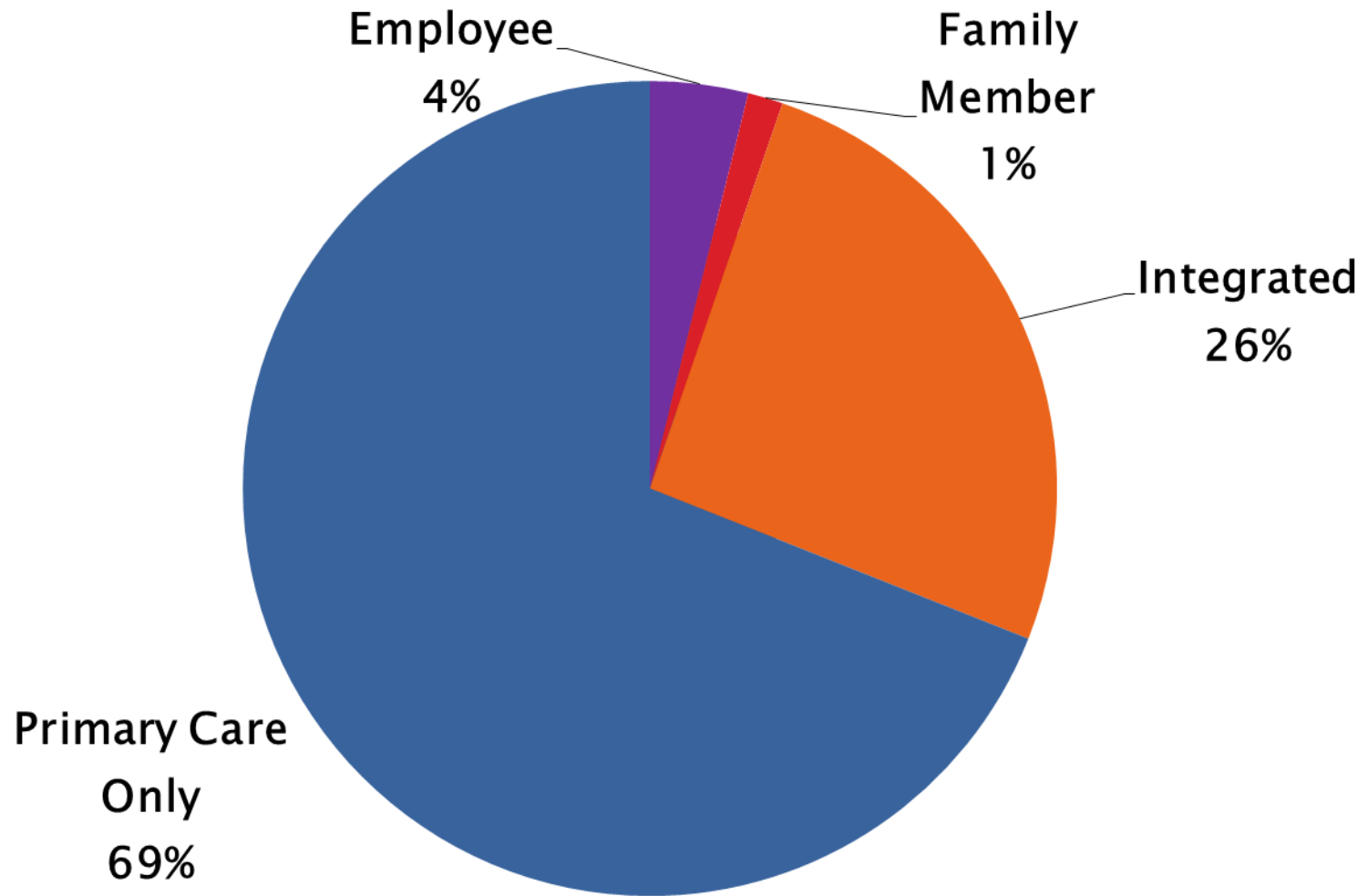
- **BEHAVIORAL HEALTH CENTRALLY LOCATED**
- **SERVE THE SURROUNDING COMMUNITY**



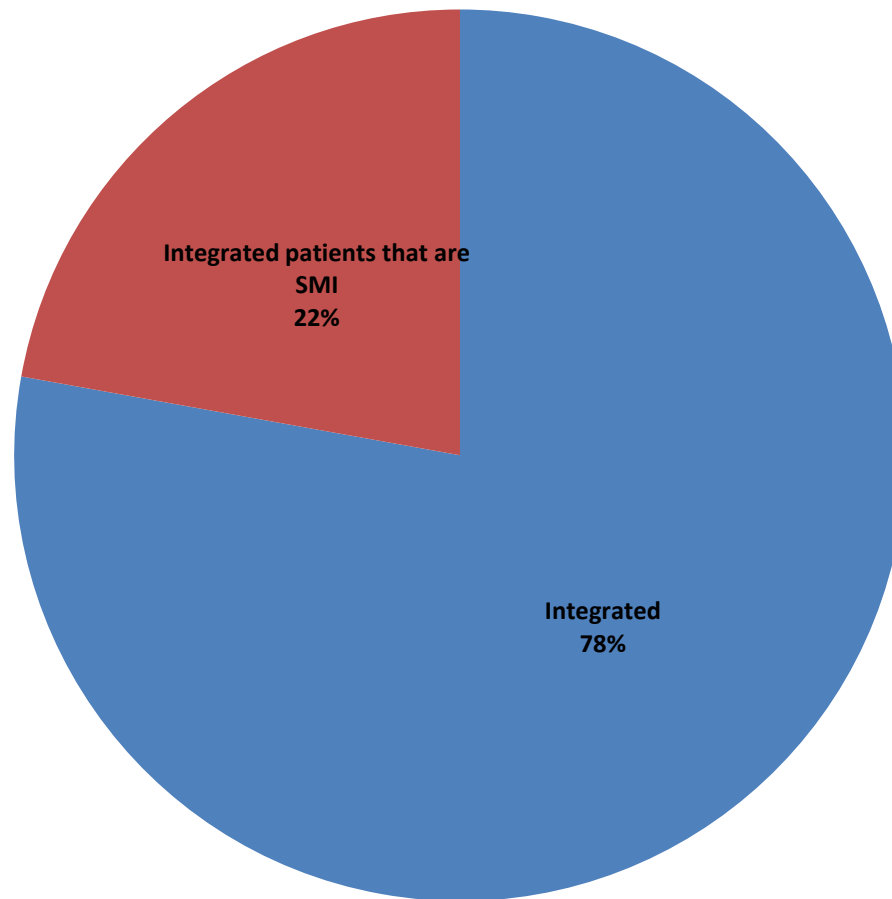
By June 2012, 2,044 Patients Seen



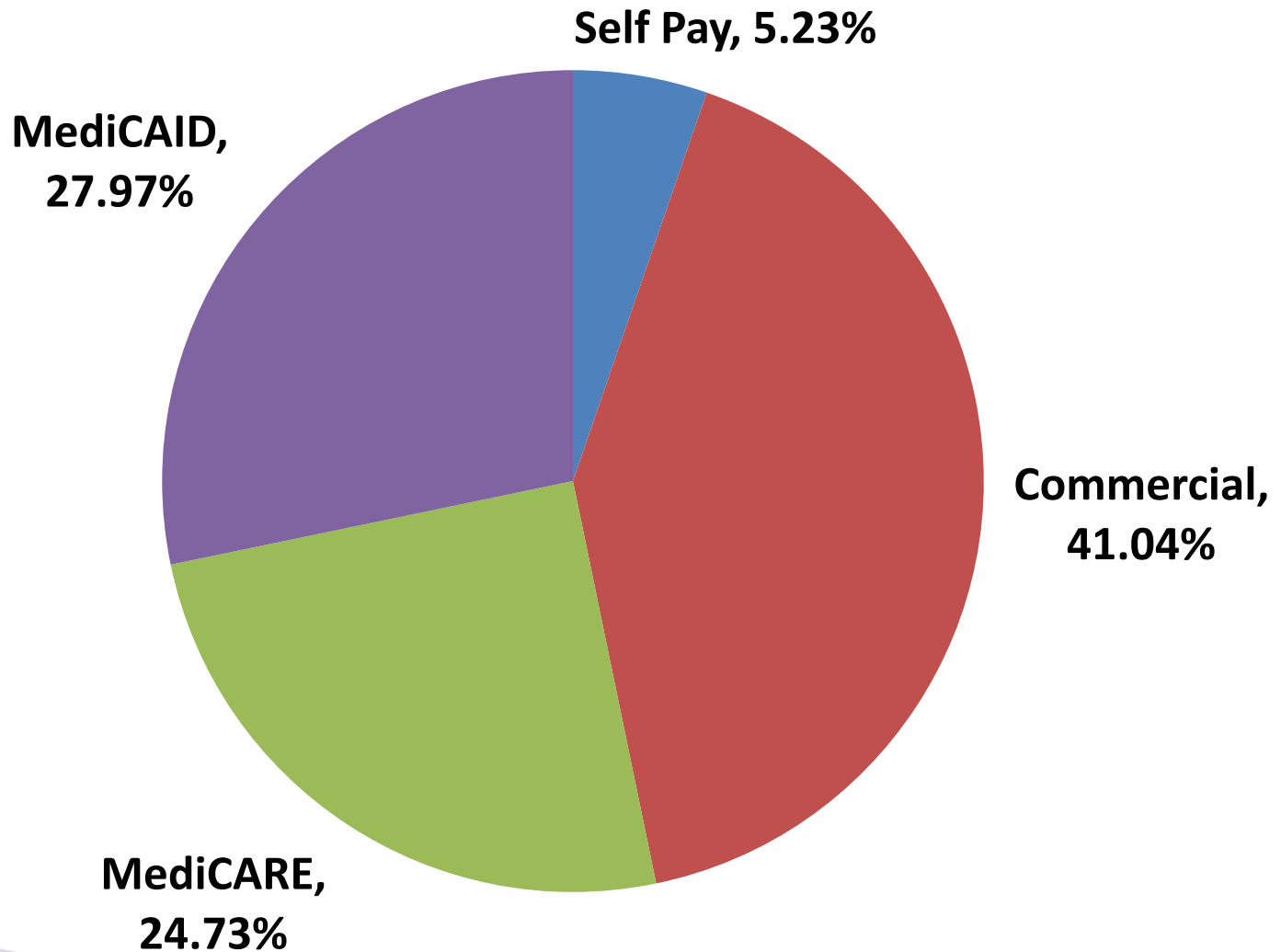
26% of Patients Receive Both BH and PCP



22% of Integrated Pts. are SMI

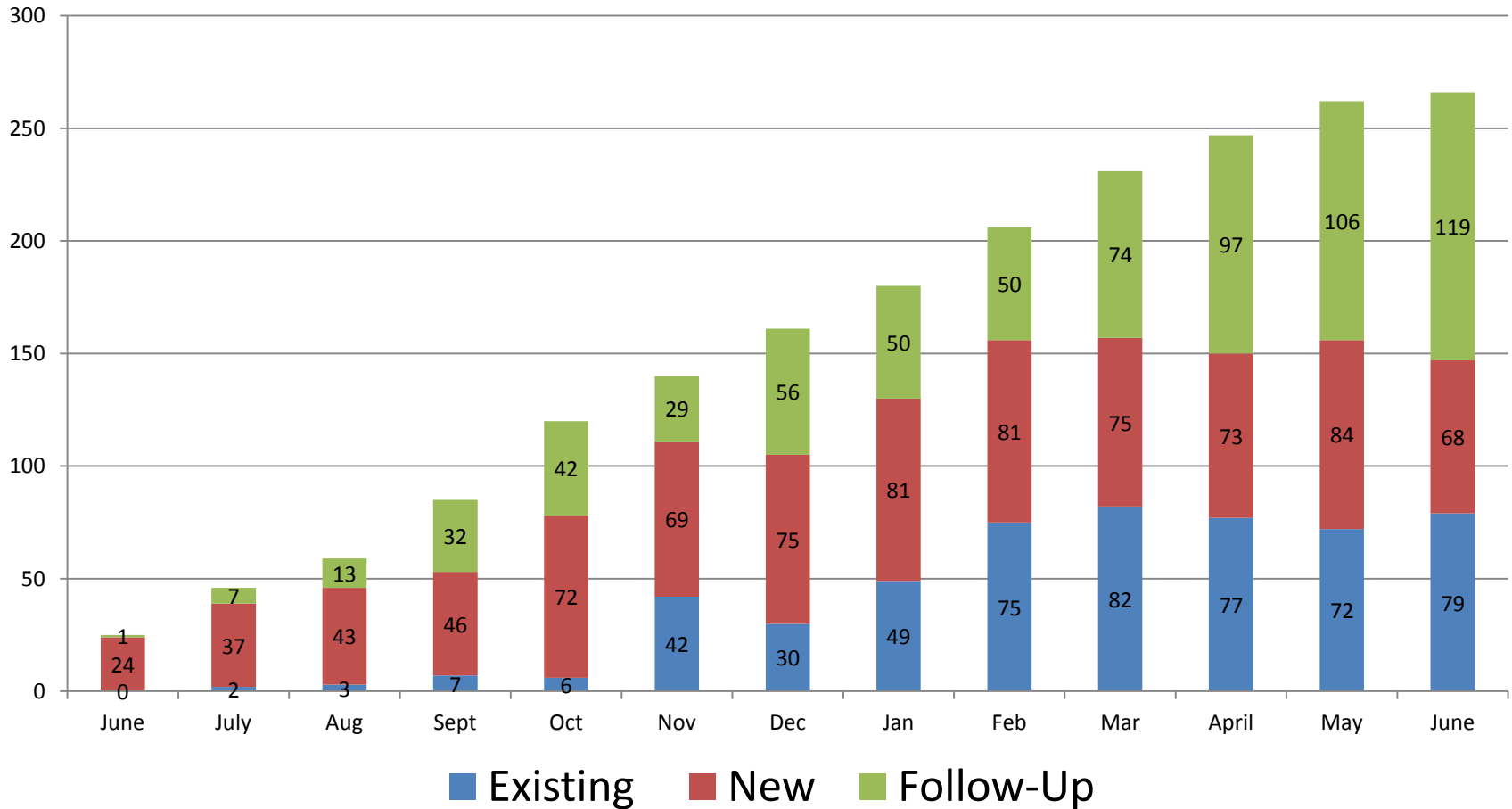


Payer Mix



Since January

Avg. 64 New Patients Per Month



Reduce Health Care Costs

- ▶ National Average ER Visit: \$1,265 (Medical Expenditure Panel Survey)
- ▶ Pinal County Average ER Visit: \$1085 (ADHS 2010 Hospital Rates and Charges Report)
- ▶ Three ER Visits Averted in July 2011
 - Individual with Blood Sugar greater than 550
 - Individual requiring STD screening
 - Individual requiring removal of Peripherally Inserted Central Catheter (PICC) line and Foley Catheter



June 2012: NP Licensed in Family Practice and Psychiatry



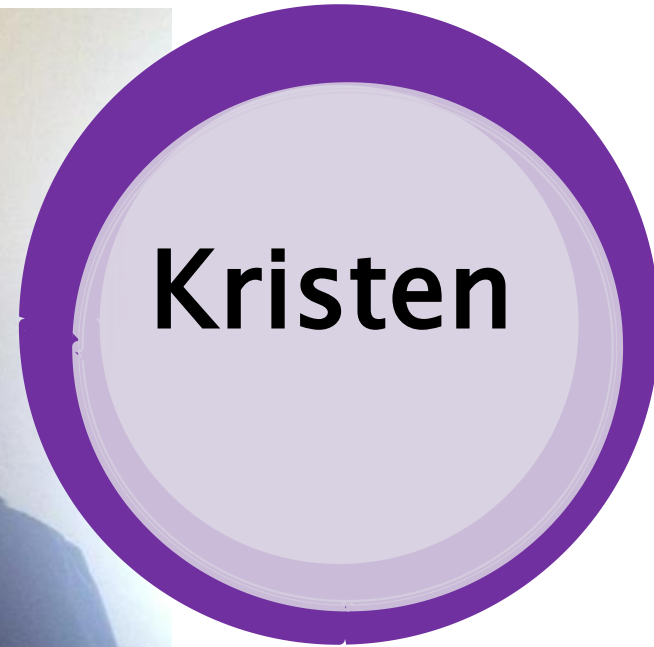
Keira

June 2012: CFO with BH and PCP Background



Michelle

July 2012: Our First Integrated MA Intern



July 2012: Integrated PA Student



Samantha



One Integrated EHR: Aprima

- ▶ All members of the treatment team see one record
- ▶ Integrated Service Plan
- ▶ Alerts for Assessments and Service Plans
- ▶ Electronic Prescribing – refills with just a click
- ▶ Drug and Drug Allergy Interaction Checks
- ▶ Drug Formulary Checks
- ▶ Tracks and trends tobacco use, wt., results, etc.
- ▶ CMS Quality Measures are built in – build in RBHA requirements,
- ▶ Clinical Summaries Available for Individual served
- ▶ Electronic Lab Test Results
- ▶ Education Resources



Tracking Chronic Disease Measures

- ▶ Pulmonary Conditions
- ▶ Reported Rates of Smoking
- ▶ Vision Screen
- ▶ Oral Health Screen
- ▶ Skin Cancer Screen
- ▶ BMI
- ▶ HbA1c
- ▶ Lipids
- ▶ Blood Pressure



Recent Initiatives

- ▶ Marketing Table in Lobby
- ▶ Auto Reminders



2009: Incorporated Senior Director of Wellness



**MAKE IT YOUR GOAL TO QUIT
BY THE GREAT AMERICAN
SMOKEOUT ON
NOVEMBER
17TH**



Wellness Partnership

ANNOUNCES
TOBACCO
CESSATION KICK-OFF



**GREAT AMERICAN
SMOKEOUT**



The American Cancer Society is marking the 36th Great American Smokeout on November 17 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help.

VISIT THE ASHLINE FOR ADDITIONAL RESOURCES

Whether you are thinking about quitting, you're ready to quit, or just working to stay quit, we can help. The Arizona Smokers' Helpline (ASHLine) provides free services in both English and Spanish. Our quit coaches are real people located right here in Arizona. Most of them are former tobacco users so they've "been there" and understand how hard it is to quit and stay quit. In addition to our free telephone-based coaching services, you can also use WebQuit. Create an account, work through activities, set goals, and monitor your progress from your own computer. WebQuit is available whenever you need support – 24 hours a day, 7 days a week. Ashline additionally offers free quit tobacco medications like the nicotine patch, gum, lozenge, inhaler, nasal spray, Zyban™, and Chantix™ for individuals enrolled in their program.

You CAN quit. We CAN help. Visit us at www.ashline.org or call toll free at 1(800)556-6222

**THE AJ WELLNESS PARTNERSHIP IS FUNDED IN PART BY A GRANT FROM ST. LUKES HEALTH INITIATIVE
see your wellness representative for more information or visit www.healthyaj.com**

QUIT TOBACCO.

make everyone proud

www.ucanquit2.org

**Mountain Health & Wellness
Celebrates!**

Great American Smoke-Out 40th Anniversary

KICK OFF - November, 18

Clients and Staff that are ready to stop
smoking, NOW is the time.

FREE Smoking Cessation Aids Available
For Clients & Staff



**BREATHE EASY
WITH HELP FROM FRIENDS
AND COMMUNITY**

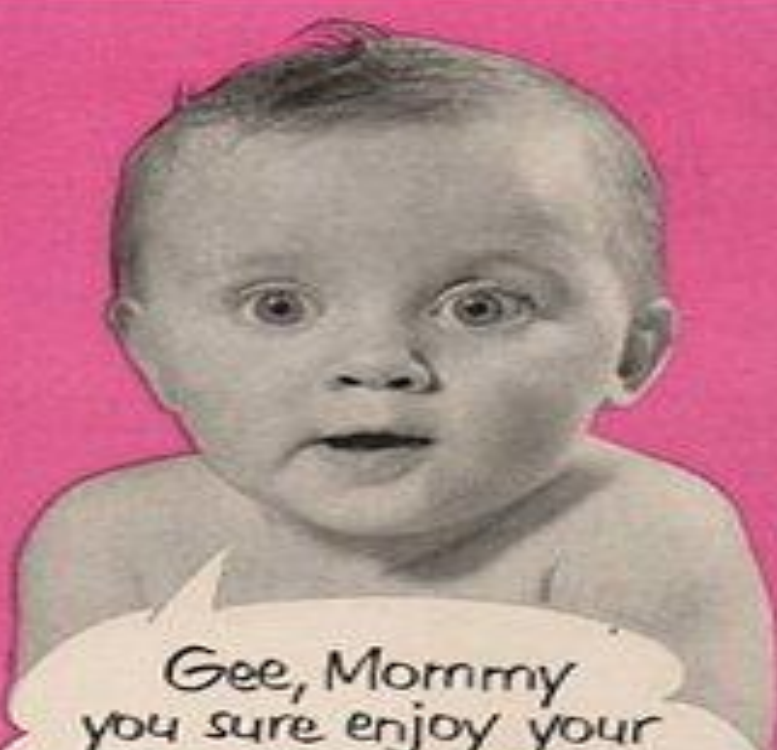
**For more information:
<http://mhwaz.blogspot.com>**

Before you scold me, Mom...
maybe you'd better light up a

Marlboro



Yes, you need
never feel
over-smoked
... that's the
Miracle of
Marlboro!



Gee, Mommy
you sure enjoy your

Marlboro

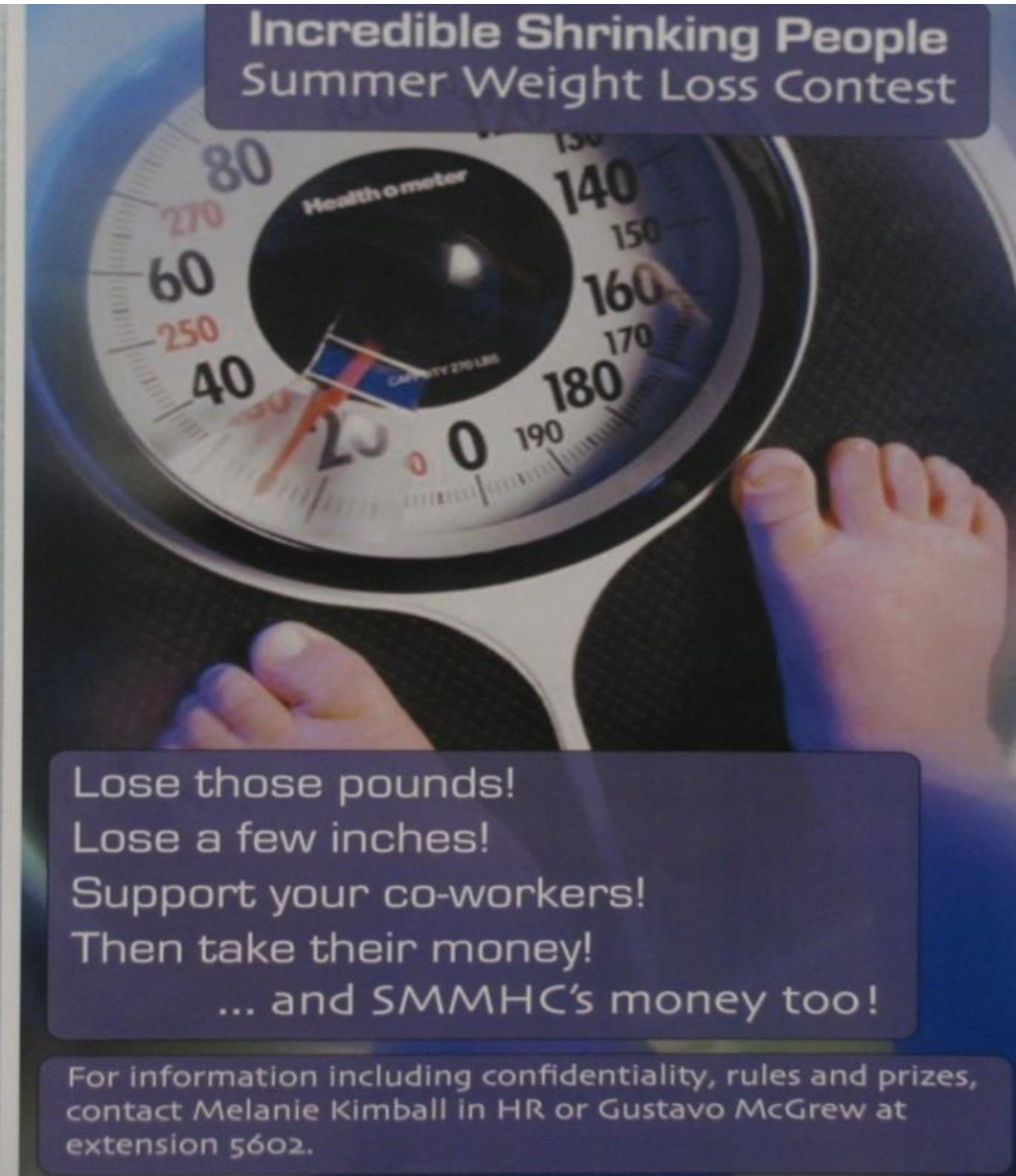
Yes, you need
never feel
over-smoked
... that's the
Miracle of
Marlboro!



YOUR CHOICE OF VIOLET TIPS •
PLAIN END • BEAUTY TIPS • RED

YOUR CHOICE OF VIOLET TIPS • PLAIN END • BEAUTY TIPS • RED

Spring 2009: First Body Transformation Campaign





October 2010:
MHW, City of AJ, CAC



APACHE JUNCTION

WELLNESS PARTNERSHIP

CREATING THE HEALTHIEST & HAPPIEST COMMUNITY IN ARIZONA!

Contest starts MAY 2ND

This is a twelve week challenge. Measurements are taken at the MGC as part of your registration and for the final weigh-in

FREE to participate!

GRAND PRIZE for the team with the most total points is a **staycation at the Phoenixian***

*Two free nights at this Scottsdale resort will be awarded to each team member separately.

Prizes will also be awarded to 2nd & 3rd place teams...

...as well as the top individual male and female. Participants may only win a prize in one category. More info on the prizes will be on our website at the end of May.

Everyone Wins Prizes!

Everyone will receive a pedometer for signing-up and getting measured. All individuals who complete the final measurement at the end will receive an AJ Wellness Partnership T-Shirt.

Measurements taken at MGC

Apache Junction Multi-Generational Center
Open MON-FRI(5:30am-9pm) and SAT(7a-3pm)
1035 N. Idaho Rd., AJ, Az. 85119
480-474-5240

The AJ Wellness Partnership is funded in part by St. Luke's Health Initiative.

IMPORTANT DATES

First Weigh-In*: 5/2-5/7

Mid-Point Check: 6/6-6/11

Final Weigh-In*: 7/18-7/23

*Mandatory weigh-ins for the contest

Visit our website for upcoming partnership exclusive classes, health & nutrition tips/links, and more!

www.healthyaaj.com

apache jct melt-a-way BODY TRANSFORMATION

This challenge is set up so that everyone has an opportunity to win regardless of your health and fitness goals (lean muscle gain, fat loss, etc). Teams will consist of 2 participants. This challenge is not exclusive to only staff of City of Apache Junction, Mountain Health & Wellness or CAC employees; however, at least 1 team member must be an employee. If you wish to participate as an individual, you must be an employee of one of AJ Wellness Partnership organizations listed above and will only be eligible for the individual awards.

Measurements are to be done by a Member of the MGC Staff at beginning and end of competition. Only measurements by the MGC Staff will be valid. Measurement methods include:

- Bio-Impedance Body Fat Analyzer
- Scale (body weight)
- Circumference measurements at arms, chest, stomach, hips and thighs.

The winners will be determined by which team has the highest total points. Points are given relative to difficulty of each category (1st, 2nd and 3rd place will be awarded team prizes and the top male and top female winners will also receive a prize). Points will be determined as follows:

- % Body Fat Lost – 10 points per percentage point
- Fat Pounds Lost – 5 points per pound
- Lean Muscle Gained – 10 points per pound
- Inches Lost – 2 points per inch

FOR MORE INFORMATION

Contact your Wellness Representative:
CAC – Joel Beck (480-677-7721)

City of AJ – Larry Binion (480-474-5242)

MH&W – Gustavo McGrew (480-338-0420)

Over 1,200 pounds lost



3rd annual **IRONMAN** *AJ*
TRIATHLON
CHALLENGE

CHOOSE YOUR DISTANCE

IRONMAN or LONG DISTANCE

TRACK YOUR DISTANCE

TRACKING SHEETS ARE AVAILABLE @
THE FITNESS DESK OR BY ELEVATOR

CHALLENGE YOURSELF

CROSS THE FINISH BY OCTOBER 31ST

IRONMAN TRIATHLON

STAIR CLIMB 2.4 MILES (INSTEAD OF SWIMMING)

BIKE RIDE 112 MILES (INSIDE OR OUTSIDE)

RUN/WALK 26.2 MILES (ELLIPTICAL WILL COUNT)

LONG DISTANCE TRIATHLON

STAIR CLIMB 2.5 MILES (INSTEAD OF SWIMMING)

BIKE RIDE 62 MILES (INSIDE OR OUTSIDE)

RUN/WALK 19 MILES (ELLIPTICAL WILL COUNT)

At the end of the month, turn your tracking sheet in to an MGC staff person. Those who complete a Triathlon within the month of October will be put into the grand prize drawing. All others who participate will be put into a separate drawing.

Drawing to be held Nov. 4th

Everyone who completes the triathlon will receive a fitness prize pack **AND** be entered in to a drawing for a grand prize; ipod, gift card & MORE!

see MGC staff for more details



THE AJ WELLNESS PARTNERSHIP IS FUNDED IN PART BY A GRANT FROM ST. LUKES HEALTH INITIATIVE.

FOR MORE INFORMATION CONTACT
LARRY BINION @ 480-474-5242
OR VISIT www.healthyaj.com

Mountain Health & Wellness **Melt-Away** **SUMMER CHALLENGE**

EVERYONE WHO PARTICIPATES WILL WIN GREAT PRIZES!!!

ALL PARTICIPANTS MUST COMPLETE THE FINAL MEASUREMENT AT THE END TO RECEIVE THEIR PRIZE

CONTEST STARTS JULY 2 - SEPTEMBER 21

THIS IS A TWELVE WEEK CHALLENGE WITH MEASUREMENTS TAKEN
@ MHW LOCATIONS AS PART OF YOUR REGISTRATION AND FOR THE FINAL WEIGH-IN.

Teams will consist of 2 participants.

MEASUREMENTS ARE DONE BY MEMBERS OF THE MHW STAFF @ BEGINNING AND END OF COMPETITION. ONLY MEASUREMENTS BY THE MHW STAFF WILL BE VALID. MEASUREMENT METHODS INCLUDE:

- BIO-IMPEDANCE BODY FAT ANALYZER
- SCALE (BODY WEIGHT)
- CIRCUMFERENCE MEASUREMENTS AT ARMS, STOMACH, HIPS AND THIGHS.

THE WINNERS WILL BE DETERMINED BY WHICH TEAM HAS THE HIGHEST TOTAL POINTS. POINTS GIVEN RELATIVE TO DIFFICULTY OF EACH CATEGORY. POINTS WILL BE DETERMINED AS FOLLOWS

- % BODY FAT SHED - 10 POINTS PER % POINT
- FAT POUNDS SHED - 5 POINTS PER POUND
- LEAN MUSCLE GAINED - 10 POINTS PER POUND
- INCHES SHED - 2 POINTS PER INCH

SCHEDULE YOUR MEASUREMENTS

PLAZA FACILITY (APACHE JUNCTION REGION)
ANY PRIMARY CARE REPRESENTATIVE @
480-474-5668

ORACLE OP FACILITY (SAN PEDRO REGION)
LUCAS de los MONTEROS @ 520-896-6051

YUMA OP/SAF FACILITY (YUMA REGION)
ADAM CANO @ 928-246-3056

**SPECIAL PRIZES WILL BE AWARDED
ALONG THE WAY**

IMPORTANT DATES

FIRST WEIGH-IN*
JULY 2ND - JULY 13TH
FINAL WEIGH-IN*
SEPTEMBER 21ST



**MANDATORY WEIGH-INS FOR THE CONTEST*

FOR MORE INFORMATION

CONTACT GUSTAVO MCGREW @ 480-338-0420 OR VISIT
THE MOUNTAIN HEALTH & WELLNESS WEBSITE @ www.mhwaz.org

Dinner for your Valentine

Valentine cooking class with Chef Rei Rubio

**Saturday, February 12th - 11am-1pm
@ the Multi-Generational Center**

Some and learn to make and enjoy Valentine's Evening dinner. We will be cooking with heart-felt colors, textures, aromas and tastes of this nice but simple cuisine. This hands-on cooking class is sure to jump start a new way of cooking and eating healthy. The tips and recipes you'll take home will put a spark in your life. We will be cooking asparagus, chicken, caramelized tomatoes and no-bake chocolate cheese cake. Let's start with yes and let's start cooking!



**Please
RSVP**

**to Larry Binion
@ 480-474-5242 or
lbinion@ajcity.net**

**"Dinner for Your Valentine"
is provided for employees of
Mountain Health and Wellness,
City of Apache Junction and
Central Arizona College by the
Apache Junction Wellness Partnership.**

Nutritional cooking series

Chef Rey Rubio will be giving a cooking demonstration and sharing healthy choices while preparing these regional dishes. Participants will have the opportunity to taste test different foods and his creations.

September 10th
10 am - noon
@ the MGC

Parmesan Shredded Chicken
Italian Vegetable Salad
Risotto
Desert/Drink

ITALIAN

One guest is welcome
to attend with you.

September 24th
10 am - noon
@ the MGC

Sicilian Baked Fish
Sautéed Squash & Sun Dried Tomatoes
Orange Salad
Desert/Drink

SICILIAN

One guest is welcome
to attend with you.



Contact Larry Binion
to reserve your spot
480-474-5242 or lbinion@ajcity.net

with **Chef Rey Rubio**

nutritional cooking series

TAMALES



**DECEMBER 10TH
10AM - NOON
@ THE MGC**

Chef Rei Rubio will be giving a cooking demonstration and sharing healthy choices while preparing this regional dish. Participants will have the opportunity to taste test different foods and his creations.

with Chef Rei Rubio

One guest is welcome to attend with you.

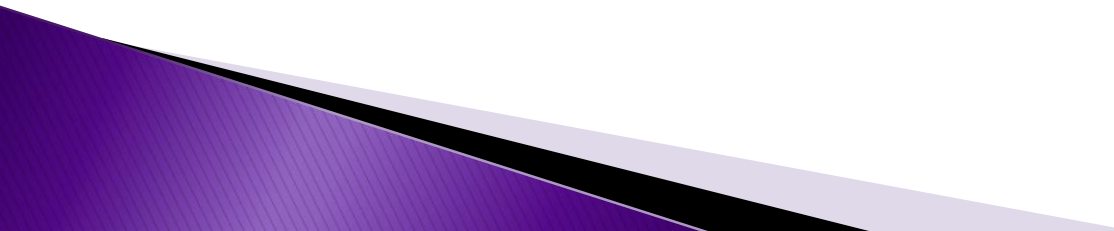


WELLNESS PARTNERSHIP
www.healthyaj.com

Contact Larry Binion
to reserve your spot
480-474-5242 or
lbinion@ajcity.net



2012 Summer Nutrition Series

- ▶ July 18: Reading Food Labels
 - ▶ July 25: Take this Food and Stuff It
 - ▶ Aug 15: Healthy Fats
 - ▶ Aug 22: Summer Salads: Using Healthy Fats
 - ▶ Sept 19: Juicing ~ Importance of Vitamins
- 

MHW Earthheart Park and Community Garden

Plaza Dr.

Landscape Designed by

Kris Ensbach

Apache Landscape

Team McDonald

Heather Kirchner

Leading Step Landscapes

Supervision SEVD,

and Plaza Dr.

Apache Junction, AZ

SCALE:

1" = 20'

January 23, 2012



Partnership Evolved to Alliance

1. City of AJ: PD, Parks and Rec, Community Relations, Planning
2. CAC
3. MHW
4. ARMC
5. Chamber of Commerce
6. Friends of AJ
7. AJ School District: Governing Board, HS Principal, PTO President
8. Empowerment Systems
9. AJ Christian Community Church
10. Church of Jesus Christ of Latter-day Saints
11. AZ Board of Regents
12. Rotarians, CAAFA, represented by Sharon S.
13. A New Season Church
14. Cenpatico
15. AJ PD
16. City Council
17. Pinal County Supervisor, Clark Smithson
18. Boys and Girls Club
19. Individual Community Members
20. AJ Food Bank

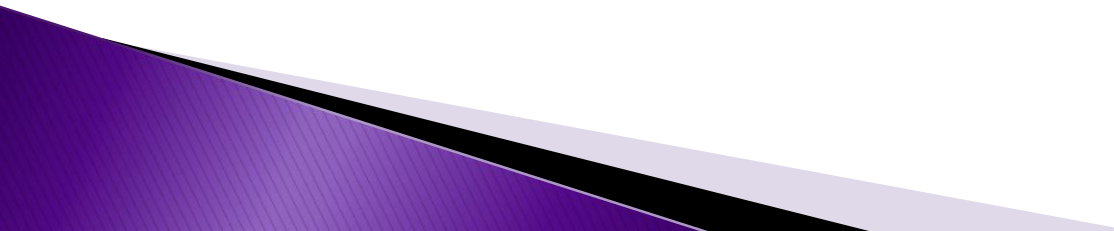
New Initiative: Rural TeleHealth

► USDA Rural Utilities Services Telemedicine Grant

- Superior
- Kearney
- Oracle
- San Manuel



A Call to Action!

- ▶ Integrated Facility License
 - ▶ Integrated Contracts – commercial & RBHA
 - ▶ Integrated Rates of Reimbursement
 - ▶ Integrated Wellness Rates of Reimbursement
 - ▶ Integrated Credential(s)
 - ▶ Integrated Staff Positions – all of them
 - ▶ Integrated Clinical Language
 - ▶ Integrated Internships / externships
 - ▶ Integrated educational curricula
 - Billing, Accounting, MA's, Doctors, Nurses, etc.
- 

▶ **“We are an Integrated
Healthcare Company.”**
Rob Evans, CEO



Viva La Integración

